

# The Twist

Count: 48

Wall: 2

Level: Easy Beginner

Choreographer: Doug Mazzola (USA) - February 2022

Music: The Twist - Chubby Checker



**Intro: 16 Counts - No Restarts Or Tags**

**[1-8] Twist traveling right (Swivel both feet heel, toe), Twist traveling left (Swivel both feet heel, toe (clap on 4 & 8)**

**[9-16] "Heel, Step" alternating- right heel, left heel, right heel, left heel**

- 1-4 Touch right heel forward(1), step down on right (2), touch left heel forward (3), step down on left (4)  
5-8 (Repeat 1-4)

**[17-24] Twist traveling right (Swivel both feet heel, toe), Twist traveling left (Swivel both feet heel, toe (clap on 4 & 8)**

**[25-32] "Heel, Step" alternating on 1-7, Touch left toe alongside right foot on count "8" (weight finishes on right foot)**

- 1-4 Touch right heel forward(1), step down on right (2), touch left heel forward (3), step down on left (4)  
5-8 Touch right heel forward (5), step down on right (6), touch left heel forward(7), touch left toe next to right foot (8)

**[33-40] Step forward, together, forward (L-R-L) (slightly angled left [11 O'clock]), cross touch, half-turn left unwind**

- 1-2 Step forward on slight angle to left on left foot [towards 11 O'clock](1), step right foot alongside left (2)  
3-4 Step left foot forward (3), Hold (4)  
5-8 Cross and touch right toe over left and unwind a half-turn left (5-6-7-8) (ending with weight on left foot)

**[41-48] Jazzbox Cross, Side touch, Side touch (Ad a slight dip [left knee bend] on count "1" for styling if you like)**

- 1-4 Cross-step right over left (1), step slightly back on left (2), step side right (3), step-cross left over right (4)  
5-8 Step right foot side right (1), touch left toe alongside right foot (2), step left foot to left (3), touch right toe alongside left foot (8)

**Begin again and have fun! Oh... have a nice workout! ☐**